GOOD NEWS FOR HOMEMAKERS

By: Shirley W. Walton
Extension Agent

FOOD SHORTAGE FAILS TO OCCUR

Some months ago there were dire predictions of serious food shortages in our stores and on our tables. But, with few exceptions, noted Extension specialists at Virginia Tech, our supermarkets have been well stocked, and our plates and stomachs have been well filled every day.

Supplies of some items were smaller than in 1972 or 1971, but there were no critical shortages. Here are the figures for some of the most popular and most essential foods, as compiled by the U. S. Department of Agriculture.

The supply of beef, the favorite food of most Americans, was sufficient to provide about 110 pounds per person during 1973. That amount was only 6 pounds less than the all-time record of 116 pounds consumed during 1972. Furthermore, it was more than was available in any years before 1969.

The supply of pork in 1973 totaled about 61 pounds per person. That was 12 pounds less than the record abundance provided by farmers in 1971. Supplies have shrunk to or below the 1973 level about once every four years since 1950.

The supply of eggs was sufficient to provide about 292 for each person, 15 less than during the previous year. Production and consumption of eggs have been decreasing for many years, but the decline was little sharper than usual in 1973.

Farmers raised enough chickens to provide about 42 pounds for each person, 1 pound less than in 1972. The per capita supply usually increases about 1 pound each year. Turkey producers provided about 9.1 pounds per person, an amount equal to the record set in 1972.

Cheese output was equal to about 13.8 pounds per person, a half pound more than the previous record set in 1972. Ice cream production was sufficient to provide 17.7 pounds per person, the largest amount since 1967.

There was enough fresh fruit to allow 78 pounds for each consumer, 1 pound more than in the previous year. The supply of processed fruit--canned, frozen, and dried--totaled 51 pounds per person, a record amount. The supply of vegetables--fresh, canned, and frozen--totaled about 160 lbs. per person, a near-record amount. Potato supplies were sufficient to provide about 123 pounds for each person, again a near-record.

The out-put of bakery products and flour for home-baking were sufficient to meet all demands. The supply of sugar was equal to 126 pounds for each consumer, a record amount.

The supply of margarine, butter, shortening, lard, and other edible fats and oils available and consumed in 1973 totaled about 53 pounds per person, equal to the record supply of the year before.

For the year ahead, supplies of most foods are expected to be equal to or larger than those of 1973. Cattlemen have been building up their breeding herds in recent years, and that surely will lead to a substantial increase in beef output beginning in 1974. Some hog producers are planning substantial boosts in production, so we expect a small increase in pork output in 1974 and a larger increase in 1975.

Moderate increases in the production of eggs and chickens now planned will provide larger market supplies beginning in the last half of 1974. Little change is indicated for suppliers of most other important food products.

RECIPE OF THE WEEK
SWEET DOUGH
(Bohemian Bread)

1 cup lukewarm milk
½ cup sugar
1 teaspoon salt
2 cakes yeast
2 eggs
½ cup shortening
4½ to 5 cups flour

Mix up as for plain yeast bread. Let rise once. Punch down. Let rise again.

Knead in:
1 teaspoon lemon rind
1/8 teaspoon mace
½ cup raisins
½ cup chopped blanched almonds

Divide dough into 4 equal parts. Shape 3 of the parts into strands 14 in. long. Place them about 1 in. apart on lightly greased baking sheet. Braid loosely beginning at middle, working toward either end. Seal ends well.

Divide remaining portion of dough into 3 parts and shape into 3 strands 12 in. long. Make another braid as before and place on top of first braid. Cover and let rise until double in size. Cook at 350° 40 to 50 min.

While warm, pour thin white icing over it. Decorate with pecan halves and cherries. (Note: The thin white icing can be made by mixing confectioners sugar with a small amount of milk.

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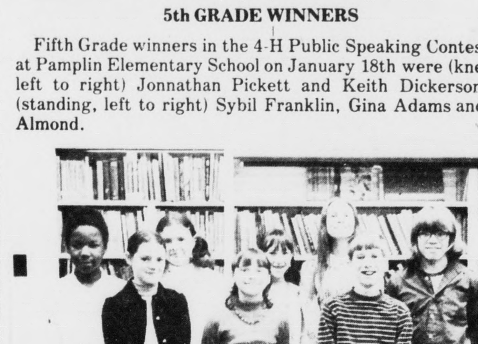
Pamplin Elementary Holds 4-H Public Speaking

4th GRADE WINNERS
Fourth Grade winners in the 4-H Public Speaking Contest held at Pamplin Elementary School on January 18th were (left to right) Bruce Sanders, Lynn Gordon, Angie Murray and Ken Caldwell.

5th GRADE WINNERS
Fifth Grade winners in the 4-H Public Speaking Contest held at Pamplin Elementary School on January 18th were (kneeling, left to right) Jonnathan Pickett and Keith Dickerson; and (standing, left to right) Sybil Franklin, Gina Adams and Jane Almond.



6th and 7th GRADE WINNERS
Sixth grade winners in the 4-H Public Speaking Contest held at Pamplin Elementary School on January 18th were, (front row, left to right) Debbie Roach, Shelby Smith and Steve Cobb.
Seventh Grade winners were (back row, left to right) Myrtle Ford, Cheryl Adams, Faith Vaughan, Cindy Roach and Timmy Guill.

On Friday, January 18, Pamplin Elementary School held its 1974 4-H Public Speaking Contest with 17 students qualifying to compete in the county contest on January 31. Those qualifying included 4th graders: Lynn Gordon, Angie Murray, Ken Caldwell and Bruce Sanders; 5th graders: Sybil Franklin, Gina Adams, Jane Almond, Joanathan Pickett, Keith Dickerson; 6th graders: Debbie Roach, Shelby Smith, Steve Cobb; 7th graders: Myrtle Ford, Cheryl Adams, Faith Vaughan, Cindy Roach, and Timmy Guill.

Other 4-H members participating in the contest included: Carol Reed, Cynthia Gilliam, Denise Jackson, Tina Atkins, Shirley Chambers, Carolyn Morgan, Tammy Baldwin, Jim Hix, Stewart Walker, Dale Baldwin, Doug Franklin, Mike Seamster, Bruce Reed, Dale Glover, Bennie Dews, Michael Hipps, Lester Hodges, Shelia Franklin, Jean Thomas, Jeannette Hipps, Crystal Ferguson, Timmy Tolley, Tommy Williams, Angie Richardson, Verta Kress, Martha Chandler, Kim Hipps, Tammy Womack, Barbara Watson, Martha Maxwell, Vicky Reed, Teresa Holt, Juanita Patterson, Melissa Scott, Donna Hodges, and Kerry Richardson.

Ribbons were presented to all participants, courtesy of Farmers National Bank who sponsors 4-H Public Speaking in Appomattox.

Much appreciation is due teachers at Pamplin Elementary: Mrs. Sadie Brightwell, Mrs. Nancy Dickerson, Mrs. Christine Knight, and Mrs. Addie Spencer who assisted many of the students with their speeches.

Judges for the contest were Mrs. Janet Noble and Mrs. Shirley Walton.

Conservation In Using Appliances

We all want to save every way we can during this time os shortages and high prices. Here are some ways we all can save with our use of appliances.

1. Delay washing clothes until you have a full load.
2. Use cold water instead of hot.
3. Hang clothes on the line on sunny days instead of drying them.
4. Open the refrigerator as infrequently as possible. An open door reduces efficiency and wastes power.
5. Ture the TV off when no one is watching.
6. Cook a total oven meal when using the oven for one item.
7. Do baking of cookies before or after a meal so the oven will not have to heat up a second time.
8. Wait until your dishwasher is full to wash.

Remember - every little bit helps, no matter how small it may seem.

-the Jr. Woman's Club Conservation & Garden Dept.

February is Heart Fund Month!

One out of three black Americans suffers from high blood pressure. In black Americans it's more severe and more deadly, and develops at an earlier age. Be cool--have your blood pressure checked by your doctor, or at a clinic. Ask your Heart Association and give Heart Fund.

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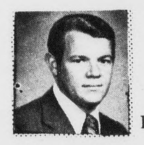
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Hollywood

Three weren't many at church Sunday night. Rev. W. H. Elder brought us a good message on using our talents. We really miss something when we aren't in God's House.

Mr. Marvin Baldwin, of Cumberland, formerally of Appomattox was accidently killed by a car last week. We extend sympathy to his family.

We are glad Greg Goin is home from the hospital. We hope he may soon be well.

Wesley Franklin, son of Mr. and Mrs. Raymond Franklin, was sick several days last week with a virus. We are glad he is better.

Mrs. J. C. Jennings was operated on last week at the Southside Hospital. We are so glad she is improving and hope she may soon be well.

Miss Odell Webb and Miss Joyce Webb were sick last week but we are glad they are feeling better.

Mr. and Mrs. W. H. Wingfield visited in the homes of Mr. and Mrs. Clem Woodall, Mr. and Mrs. Frank Woodall and Mr. and Mrs. Walker Woodall, of Lynchburg, Saturday.

Mrs. E. T. Panton of Roanoke and Mrs. M. L. Covington were Luncheon guests of Mrs. W. T. Covington Monday.

Mrs. Charlie Bagby, Mrs. W. H. Wingfield and Miss Julia Wingfield were supper guest in the home of Mr. and Mrs. Bill Watson and family Wednesday night.

Mrs. Vara Robertson, of Lovingston, spent the week end in the R. M. Webb home.

We are glad to hear John Webb is improving at the Medical Center in Lynchburg. His brother, Mr. L. L. Webb and family visited him Sunday afternoon.

Mr. and Mrs. Julian Jenkins, of Lynchburg, Mr. and Mrs. Twyman Baldwin and Mr. and Mrs. Jim Bo Franklin visited Mr. and mrs. H. W. Jenkins Sunday.

We were sorry to hear of the death of Mr. H. P. Ray last week. He was the husband of Laura Abbitt Ray. Sympathy is extended his family.

Mrs. James Maxwell and Mrs. Charlie Bagby visited Mrs. Mannie Hancock and Mr. Donald Webb Wednesday morning. Mrs. Maxwell was a luncheon guest Wednesday of Mrs. Bagby.

Mrs. E. T. Ponton spent Monday night with Mrs. A. W. Covington. Mrs. Ponton visited Mr. F. O. Covington at his home in Lynchburg and Mrs. Covingvton at the Guggenheimer Memorial Hospital Tuesday.

Charles R. Maxwell has arrived safely in Germany for two years of duty.

Supper guest Saturday night of Mr. and Mrs. Kenneth Deaver and family were Mr. and Mrs. W. H. Wingfield, Miss Julia Wingfield and Mr. and Mrs. Bill Watson and Willi...

Visiting Mrs. Charlie B... Saturday night were Mr. ... Mrs. James Woodall, Mr. ... Mrs. Dallas Mangus, T... and Scott Woodall.

Mrs. James Maxwell is having trouble with her ... We hope she may soon be ...

Mr. and Mrs. Robert ... and family of Bedford, ... Sunday with Mr. and Mr... H. Wingfield and family.

Bloodmobile ... Tuesday

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DEATHS

C. ROGER NORFLEET

Clarence Roger Norfleet, 53, of Appomattox died unexpectedly Monday. His wife was Clara Alexander Norfleet.

Born in Nansemand County, he was a son of Richard Murry Norfleet and Lillian Reynolds Norfleet.

A 1941 graduate of Virginia Polytechnic Institute with a major in Agrimony, he was Soil Scientist with the Soil Conservation Office in Appomattox County for ten years then in Richmond for six years before returning to Appomattox in 1961 when he became associated with J. A. Burke & Company Insurance Agency where he was manager at the time of his death.

He was a member and a deacon of Appomattox Court House Presbyterian Church in Appomattox, a member of the Lions Club, a member of the Board of Directors of Robert E. Lee Academy, and a World War II veteran of the U. S. Army.

In addition to his widow, he is survived by a son, Charles Alexander Norfleet; two brothers, Richard M. Norfleet of Cynthianna, Kentucky; and Robert R. Norfleet of Roanoke, Virginia; and one sister, Mrs. ... J. Meyer of Richmond, Virginia.

Funeral services were conducted Wednesday, January ..., 1974, at 3 p.m. at the Appomattox Court House Presbyterian Church by the Rev. Cecil Dalton with burial in Liberty Cemetery.

Robinson Funeral Home was in charge of arrangements.

MRS. ISA T. LEGRANDE

Miss Isa Tindle LeGrande, ... of Spout Spring, a longtime resident of Lynchburg, died Sunday in Virginia Baptist Hospital.

Born in Appomattox County, she was a daughter of Henry ... LeGrande and Susan Walker LeGrande. She was a member of First Baptist Church, Lynchburg.

She is survived by two nieces, Mrs. Thomas Shaffer of Columbus, Ohio and Mrs. M. ... Cox of Friday Harbor, Wash., and a nephew, Dr. David LeGrande of Baltimore.

Graveside services were conducted at 2 p.m. Tuesday in Spring Hill Cemetery.

Diuguid Funeral Home was in charge of arrangements.

MRS. HUBERT L. PRICE

Mrs. Ella Gray Baldwin Price, 42, of Pamplin, died Saturday in Lynchburg General Hospital. She was the wife of Hubert L. Price.

Born in Appomattox County, she was a daughter of Cabil C. Baldwin and Annie Goin Baldwin. She was a member of Pamplin United Methodist Church where she was active in the choir and United Methodist Women. She was an employe of Amelia Dress Corp. of Farmville.

In addition to her husband, she is survived by a daughter, Mrs. Wanda P. Vandegrift of Pamplin, five brothers, Albert Baldwin, Lacy Baldwin, Samuel Baldwin and Donald Baldwin of Pamplin and Bobby Baldwin of Emporia; four sisters, Mrs. Margaret Ferguson and Mrs. Betty Hodges of Evergreen, Mrs. Doris Anderson of Farmville and Mrs. Ann Hodges of Pamplin, and a grandson.

Funeral services were conducted at 4 p.m. Monday at Pamplin United Methodist Church. Burial took place in Pamplin Community Cemetery.

Robinson Funeral Home of Appomattox was in charge of arrangements.

MRS. ADOLPHUS PERROW

Mrs. Lois Moore Perrow of Rt. 1, Concord, died Monday in a Staunton hospital. She was the widow of Adolphus Perrow.

Born in Appomattox County, she was a daughter of Robert Lee Moore and Martha Ann Tuggle Moore. She was a member of Early's Chapel United Methodist Church of Sherwill. Education at Farmville State Teacher's College, now Longwood College, she was a retired teacher of Campbell County Public Schools.

She is survived by a son, Robert Perrow of Concord; a daughter, Mrs. Frank H. Hubbard of Richmond; a sister, Mrs. O. Russell Turnes of Amherst, and five grandchildren.

Funeral services were conducted at 2 p.m. Wednesday at Early's Chapel United Methodist Church, with burial in the church cemetery.

Virginia Funeral Chael was in charge of arrangements.

MRS. C. W. FAULKNER

Mrs. Margaret Hubbell Faulkner, 80, of Old Rustburg Road died at 5 p.m. Saturday in Guggenheimer Memorial Hospital after a long illness. She was the wife of Clarence Wilson Faulkner.

She was born in Appomattox County.

In addition to her husband she is survived by a foster son, Alan Milton Reasin of Livermore, Calif.

Funeral services were conducted at 2 p.m. Monday at Virginia Funeral Chapel with burial in Fort Hill Memorial Park.

JENNINGS H. MORRIS

Jennings Hudson Morris, 66, of 411 Newberne St., Lynchburg, died Thursday at Virginia Baptist Hospital after a long illness. His widow is Mrs. Mamie Camper Morris.

Born in Appomattox County, he was a son of Charlie Morris and Addie Ferguson Morris. He was a retired employe of Lynchburg Foundry Co. where he worked for 26 years and was a member of Fairview Christian Church.

In addition to his widow, he is survived by two sons, Fredrick Wayne Morris of Bedford County and Phillip Lee Morris of Lynchburg; a daughter, Mrs. Judy Morris Turgay of Blacksburg; a brother, Vindigo Morris of Lynchburg; three sisters, Mrs. Bessie Carter of Appomattox, Mrs. Janie Frazier of Manassas, and Mrs. Neva Hamilton of Lynchburg, and a grandchild.

Active pallbearers were Raymond Morris, Herman McFaden, Herbert McFaden of Lynchburg, Edwin Carter, Charlie Carter, Robert M. Morris of Appomattox and Robert J. Morris of Concord.

Funeral services were conducted at 1 p.m. Saturday at Whitten Park Avenue Chapel. Burial was in Spring Hill Cemetery.

READ & USE the WANT ADS for BEST RESULTS

MRS. JOHN H. JONES

Funeral services for Mrs. Lelia Isabell Jones, 82, of Appomattox, were conducted at 4 p.m. Wednesday at Jordan Baptist Church, Appomattox. Burial was in the church cemetery.

The widow of John H. Jones, she died Sunday at the home of her daughter, Mrs. Revella Austin of Route 4, Appomattox.

Born in Appomattox County, she was a daughter of Willie Isabell and Ellen Isabell. She was a member of Jordan Baptist Church.

In addition to her daughter, she is survived by a son, Ernest Isabell of Concord; two sisters, Mrs. Willie Wheeler of Appomattox and Mrs. Annie B. Carter of Concord and seven grandchildren.

West Funeral Home in Appomattox was in charge of arrangements.

Birthdays

FEBRUARY

Martha Paulette	Feb. 3
Diane Burrell	Feb. 6
Donald Harvey	Feb. 5
Ronald Harvey	Feb. 5
Steve Lawson	Feb. 6
John L. Wooldridge	Feb. 8
Connie Maxwell	Feb. 10
Laura Richardson	Feb. 14
Becky Shorter	Feb. 15
Elbert Dinkins	Feb. 14
Mary Edith Morris	Feb. 13
Billy Conner	Feb. 12
Larry Whitehead	Feb. 14
Ronnie Richardson	Feb. 23
Sarah Hamlin	Feb. 24

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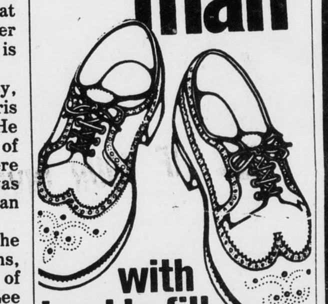
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First Aid Program Presented

Mrs. Georgia Fleshman and Mrs. Ruby Lewis are observing as Mr. Ray Noble, Training Officer for the Appomattox County Rescue Squad, conducted a leader training session for the Extension Homemakers in the County Extension Office. Mr. Noble used a demonstration model to demonstrate the latest methods in first aid and emergency treatment.

Mrs. Fleshman is president of the Spout Spring Progressive Club and Mrs. Lewis is Federation Gaol Chairman for the County Federation of Extension Homemakers.

Mr. Paul Ghioto, Historian at the Appomattox Court House National Historical Park, is shown above, center, with Mrs. Myralynn Tutwiler, left, First Vice-President, and Mrs. Anne Robinson, right, Chairman of the Cultural Heritage Division, when he spoke to the Appomattox Junior Woman's Club on Tuesday of last week.

Park Historian Presents Program To Jr. Woman's Club

The Appomattox Junior Woman's Club met on Tuesday, January 22nd, at the Farmers National Bank -Triangle Plaza Branch. The Cultural Heritage Division was in charge of the program for the evening and Mr. Paul Ghioto, Historian at the Appomattox Court House National Historical Park, spoke on "Our Cultural Heritage".

Mr. Ghioto prefaced his remarks by first defining cultural heritage as "the refinement and improvement of self received through inheritance or by right of birth". Then, throughout his entertaining and highly informative talk, he highlighted the contributions and different customs of various nationalities and ethnic groups by placing "receipe cards" with these "ingredients" into his own "melting pot" (an iron pot brought from the Hisotrical Park's General).

Mr. Ghioto pointed out, during the course of his talk, that though immigrants to this country (both forced and voluntary) were encouraged originally to attempt to join the "melting pot", the trend now is to become proud of ones ancestors and to attempt to preserve the good aspects of ones cultural heritage for the betterment of all Americans.

Hostesses providing refreshments following the business meeting were Mrs. Barbara Williams, Mrs. Mary Catherine Whitehead, Mrs. Maurine Harrison, and Mrs. Carol Taylor.

SERVICES EXPANDED FOR VISUALLY HANDICAPPED

Cont. from Page 1

students. Most of the services listed above are now offered by the Commision, but in the new program the services will be offered by specialists and in a more concentrated form.

All of the above services will be available to the visually impaired youngsters in any community in Virginia when the recruiting for 17 new professionals is completed. The VCVH serves all visually impaired students through the twelfth grade in all public, private and parochial schools in Virginia.

Frank S. Penland, Director of the Education Services Department is very enthusiastic about his new program and is recruiting orientation and mobility specialists, multi-handicapped instructors, pre-school specialists, and other specialists to work with visually impaired children. To date staff members from New York, Ohio, and Florida have been hired to man the program.

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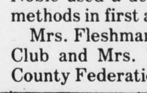
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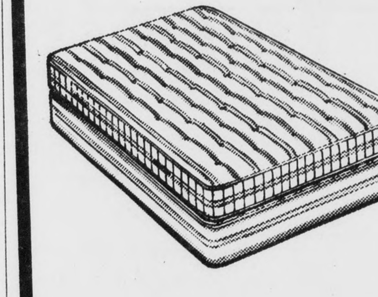
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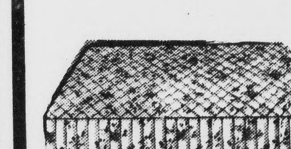
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